**ACT Reading list March 2015**

**Getting started gently (light reading)**

Twohig, M. P. (2012). Acceptance and Commitment Therapy. *Cognitive and Behavioral Practice*, *19*(4), 499–507. doi:10.1016/j.cbpra.2012.04.003

Flaxman, P. E., Blackledge, J. T., & Bond, F. W. (2011). *Acceptance and Commitment Therapy: Distinctive Features.* Routledge: London.

**OK: so I see the idea, how do I know the evidence is up to scratch?**

A-Tjak, J. G. L., Davis, M. L., Morina, N., Powers, M. B., Smits, J. a J., & Emmelkamp, P. M. G. (2014). A Meta-Analysis of the Efficacy of Acceptance and Commitment Therapy for Clinically Relevant Mental and Physical Health Problems. *Psychotherapy and Psychosomatics*, *84*(1), 30–36. doi:10.1159/000365764

Ost, L.-G. (2014). The efficacy of Acceptance and Commitment Therapy: an updated systematic review and meta-analysis. *Behaviour Research and Therapy*, *61*, 105–21. doi:10.1016/j.brat.2014.07.018

Swain, J., Hancock, K., Dixon, A., & Bowman, J. (2015). Acceptance and commitment therapy for children: A systematic review of intervention studies. *Journal of Contextual Behavioral Science*, 1–13. doi:10.1016/j.jcbs.2015.02.001

Levin, M. E., Hildebrandt, M. J., Lillis, J., & Hayes, S. C. (2012). The impact of treatment components suggested by the psychological flexibility model: a meta-analysis of laboratory-based component studies. *Behavior therapy*, *43*(4), 741–56. doi:10.1016/j.beth.2012.05.003

**WOW: There seems to be something in here, so how do I learn how to do it?**

Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2011). *Acceptance and Commitment Therapy (2nd Edition): The Process and Practice of Mindful Change* (2nd ed.). New York: Guilford Press.

Join the Association for Contextual Behavioural Science (ACBS) at [www.contextualscience.org](http://www.contextualscience.org) Minimum fee is $10 and you can download lots of articles, therapy materials, measures etc. You can see my training page there with lots of goodies, including mp3 audio files of exercises: <http://contextualscience.org/david_gillanders_training_page>

Luoma, J., Hayes, S., & Walser, R. *Learning ACT: An Acceptance and Commitment Therapy Skills Training Manual.* New Harbinger, 2007.

Harris, R. (2009). *ACT made simple : an easy-to-read primer on acceptance and commitment therapy*. Oakland: New Harbinger. (You can even download the first two chapters for free along with lots of other goodies at: <http://www.thehappinesstrap.com/free_resources> )

Stoddard, J. A., Afari, N. A., Hayes, S. C. (2014) *The Big Book of ACT Metaphors: A Practitioner’s Guide to Experiential Exercises and Metaphors in Acceptance and Commitment Therapy.* Oakland CA: New Harbinger

**I’m hooked: give me more!**

Wilson, K. G., & Dufrene, T. (2008). *Mindfulness for Two: An acceptance and commitment therapy approach to mindfulness in psychotherapy*. New Harbinger, Oakland. (in my opinion this is the best ACT book). Its also supported by a website <http://www.onelifellc.com/Workshop_Goodies.html>

Tirch, D., Schoendorff, B., & Silberstein, L. R. (2014). *The ACT Practitioner’s Guide to the Science of Compassion: Tools for Fostering Psychological Flexibility.* Oakland CA: New Harbinger.

Polk, K. L., & Schoendorff, B. (2014) *The ACT Matrix: A new approach to building psychological flexibility across settings and populations*. Oakland CA: New Harbinger

**Mmmm, maybe I need more background in behaviour analysis…**

Ramnero, J., & Torneke, N. (2008). *The ABC’s of Human Behavior: Behavioural Principles for the Practicing Clinician.* New Harbinger, Oakland, CA.

<http://www.tastybehaviorism.com/Welcome.html>

**I am a psychology geek and I want to know everything…**

Zettle, R. D. (2005). The Evolution of a Contextual Approach to Therapy : From Comprehensive Distancing to ACT. *International Journal*, *1*(2), 77-89.

Wilson, K. G. (2001). Some Notes On Theoretical Constructs: Types and Validation from a Contextual Behavioral Perspective. *International Journal of Psychology and Psychological Therapy*, *1*(2), 205-215.

Forsyth, J. P., Lejuez, C. W., Hawkins, R. P., & Eifert, G. H. (1996). Cognitive vs. contextual causation: different world views but perhaps not irreconcilable. *Journal of behavior therapy and experimental psychiatry*, *27*(4), 369-76. Retrieved from http://www.ncbi.nlm.nih.gov/pubmed/9120042.

Blackledge, J. T. (2007). Disrupting verbal processes: cognitive defusion in acceptance and commitment therapy and other mindfulness-based psychotherapies. *The Psychological Record*, (57), 555-576.

**My brain is exploding but I need more – give me the strongest stuff you’ve got!!!!!!**

Torneke, N. (2010). *Learning RFT: An Introduction to Relational Frame Theory and its Clinical Application.* Context Press, Reno, NV.

Foody, M., Barnes-Holmes, Y., Barnes-Holmes, D., Törneke, N., Luciano, C., Stewart, I., & McEnteggart, C. (2014). RFT for clinical use: The example of metaphor. *Journal of Contextual Behavioral Science*, 1–9. doi:10.1016/j.jcbs.2014.08.001

Foody, M., Barnes-Holmes, Y., Barnes-Holmes, D., & Luciano, C. (2013). An empirical investigation of hierarchical versus distinction relations in a self-based ACT exercise. *International Journal of Psychology and Psychological Therapy*, *13*(3), 373–385.

**This is more than just a theory – this is a vision of a different kind of psychology, tell me more…**

Hayes, S. C., Barnes-Holmes, D., & Wilson, K. G. (2012). Contextual Behavioral Science: Creating a science more adequate to the challenge of the human condition. *Journal of Contextual Behavioral Science*, *1*(1-2), 1–16. doi:10.1016/j.jcbs.2012.09.004

Hayes, S. C., Levin, M. E., Plumb-Vilardaga, J., Villatte, J. L., & Pistorello, J. (2013). Acceptance and commitment therapy and contextual behavioral science: examining the progress of a distinctive model of behavioral and cognitive therapy. *Behavior therapy*, *44*(2), 180–98. doi:10.1016/j.beth.2009.08.002